

SLEEP ANALYSIS REPORT

Study Date : Apr. 21, 2009

Sex : Male
D.O.B. : Aug. 28, 1980
Age : 28

Referring Physician :

Sleep Specialist :

Study Indications:

Medications :

Height : 6'2"

B.M.I. : 23.8 kg/m²

Weight : 185.0 lbs.

Recording Technician's (RPSGT) Comments :

Bed: #1

Study: All Night PSG

Purpose of study is to see an 8 hour monophasic recording of PT's sleep prior to PT starting a polyphasic sleep cycle.

PT History: See PT chart.

Lights Off: 11:46 pm @ epoch 37

Lights On: 6:53 am @ epoch 893

Sleep Onset: 12:08 am @ epoch 83

REM Onset: 1:17 am @ epoch 220

Nocturia: 0 X

Events Noted During the Study:

PT seems to have light intermittent snoring at times.

PT did start to exhibit light respiratory events during REM around 1:35 am. Most seemed to be obstructive hypopneas.

Technicians Comments:

PT did seem to have a slightly faster than normal REM latency of close to 1 hour.

PT did have light intermittent and continuous snoring throughout the study.

PT did have occasional light respiratory events especially when laying supine and during REM.

Scoring Technician's (RPSGT) Comments :

Cardiac: Sinus Bradycardia was noted throughout the study.

Sleep latency was 23.0 minutes (epoch 83).

Intermittent snoring was heard by the recording tech (non-positionally related).

Episodes of UARS were observed (supine).

Slow Wave Sleep was obtained at approximately 12:45 am (epoch 156).

While supine, the patient demonstrated obstructive apneas and hypopneas with intermittent snoring, arousals and mild desaturations.

REM latency was 87.5 minutes (epoch 258).

During REM/Supine, the patient demonstrated long hypopneas and apneas with associated snoring, arousals and desaturations.

Periodic Limb Movements in Sleep were observed but did not cause any significant arousals.

A brief episode of bruxism was observed at 3:19 am (epoch 464....see attached snapshot).

During REM/Right side, the patient demonstrated long hypopneas. Snoring was evident during this time as well.

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Sleep Architecture

Time at Lights Off :	11:46:14			
Time at Lights On :	06:53:48			
Total Recording Time (TRT) :	427.6	min	7.1	hrs
Total Sleep Period (TSP):	405.0	min	6.8	hrs
Total Sleep Time (TST) :	384.5	min	6.4	hrs
Sleep Efficiency (SE) :	89.9	%		
Sleep Onset Latency (SOL) :	22.6	min		
Number of Stage 1 Shifts :	15			
Number of Stage Shifts :	84			
Number of Awakenings :	7			
Number of REM Periods :	4			
REM Latency :	87.5	min		

Sleep Stages

STAGES	TIME (min.)	TST (%)	LATENCY (min.)
Wake:	20.5	—	—
Stage 1:	29.0	7.5	0.0
Stage 2:	213.5	55.5	10.0
Stage 3	75.5	19.6	35.0
Stage 4:	0.0	0.0	N.A
REM:	66.5	17.3	87.5

PLM Events with Arousals

PARAMETER	INDEX	TOTAL
Total Events:	0.5	3
Non-REM Events:	0.6	3
REM Events:	0.0	0

PLM Events without Arousals

PARAMETER	INDEX	TOTAL
Total Events:	9.5	61
Non-REM Events:	9.6	51
REM Events:	9.0	10

Apnea Events

PARAMETER	CENTRAL	OBSTRUCTIVE	MIXED	TOTAL
Number:	2	30	0	32
Index:	0.3	4.7	0.0	5.0
Mean Duration (sec):	14.0	24.1	N/A	23.5
Longest Duration (sec):	18.1	54.4	N/A	54.4
Occur in REM:	1	16	0	17
Occur in Non-REM:	1	14	0	15
REM Index:	0.9	14.4	0.0	15.3
Non-REM Index:	0.2	2.6	0.0	2.8

Hypopnea Events

PARAMETER	CENTRAL	OBSTRUCTIVE	MIXED	TOTAL
Number:	0	51	0	51
Index:	0.0	8.0	0.0	8.0
Mean Duration (sec):	N/A	24.9	N/A	24.9
Longest Duration (sec):	N/A	53.8	N/A	53.8
Occur in REM:	0	33	0	33
Occur in Non-REM:	0	18	0	18
REM Index:	0.0	29.8	0.0	29.8
Non-REM Index:	0.0	3.4	0.0	3.4

Respiratory Events and Body Position

PARAMETER	INDEX	TOTAL
Apneas & Hypopneas:	13.0	83
Supine Events:	22.7	71
Non-Supine Events:	10.1	33

Respiratory Arousals

PARAMETER	INDEX	TOTAL
Total Events:	13.0	83
Non-REM Events:	6.2	33
REM Events:	45.1	50

UARS Events

PARAMETER	INDEX	TOTAL
Total Events:	3.3	21
Non-REM Events:	4.0	21
REM Events:	0.0	0

Spontaneous Arousals

PARAMETER	INDEX	TOTAL
Total Events:	2.5	16
Non-REM Events:	2.6	14
REM Events:	1.8	2

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Oxygen Saturation

PARAMETER	AWAKE	NREM	REM	TOTAL RECORD
Mean SaO2 % :	97.5	96.9	97.2	97.0
Min. SaO2 % :	92.0	93.0	93.0	92.0
Max. SaO2 % :	100.0	99.0	99.0	100.0
% Duration of SaO2 In Range :				
90 – 100 % :	100.0	100.0	100.0	100.0
80 – 90 % :	0.0	0.0	0.0	0.0
70 – 80 % :	0.0	0.0	0.0	0.0
60 – 70 % :	0.0	0.0	0.0	0.0
50 – 60 % :	0.0	0.0	0.0	0.0
Below 50 % :	0.0	0.0	0.0	0.0

Pressure Level Analysis:

Pressure (cm H ₂ O)	TRT (min)	REM (min)	Non- REM (min)	Obs. Apnea	Cen. Apnea	Mixed Apnea	Hypop -neas	Total Event s	RDI	SaO ₂ % Max.	SaO ₂ % Min.	SaO ₂ % Mean
Cpap Tags												
Bi-Level Tags												

